



Simonside Primary School



School Food Policy

This policy has been developed in consultation with the Head Teacher, PSHE co-ordinator, staff, cook, members of the School Council and Governors. The policy will be implemented and monitored by the Head Teacher and PSHE co-ordinator.

Other relevant policies: Lunchtime Policy, PSHE Policy, Science Policy, Design Technology Policy and Physical Activity Policy.

Rationale

As a Health Promoting School, Simonside Primary is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Aim

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To reach their full potential through the contribution food can make to improved behaviour and health.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.

Objectives

We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Science, D.T. and PHSE curriculum. All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

GUIDELINES

The school will ensure the aims are met by making certain that:

- breakfast club promotes healthy eating and offers a wide range of food choices which are compliant with the School food and Nutrient standards
- food issues are taught in all relevant areas of the curriculum. Lessons, both discrete and cross-curricular, will be clearly planned, timetabled, objective led and monitored
- school meal provision, including UIFSM, is reviewed regularly with the intention of providing the healthiest food possible
- snacks eaten at break time are limited to fruit
- drinking water is always available and the children are provided with cups for drinking water
- the school dining hall is a pleasant environment for eating in
- rewards offered to children are healthy
- extra-curricular clubs and out of school clubs provide healthy food choices
- school works in partnership with parents, kitchen staff and outside agencies to promote healthy eating
- pupils are consulted, often through School Council, in decisions about food in school
- the 'National Free Fruit Scheme' up to Key Stage 1 is maintained and that children from Year 3 upwards are encouraged to bring in fruit for break time
- parents are encouraged to take up the offer of Free school meal provision for Early Years and KS1 pupils.

Birthdays, and special events such as Christmas parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an "occasional" treat and not "every day food".

The role of Governors

- The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

Implementation and Monitoring

- The effective implementation of this policy will be monitored by the PSHE co-ordinator, the Headteacher and the governing body.
- The policy will be evaluated after 2 years through a survey of the views of the whole school community, particularly the views of pupils. This will take place through assemblies, in class discussion and our school council.

Date: June 2018

To be reviewed: June 2020